

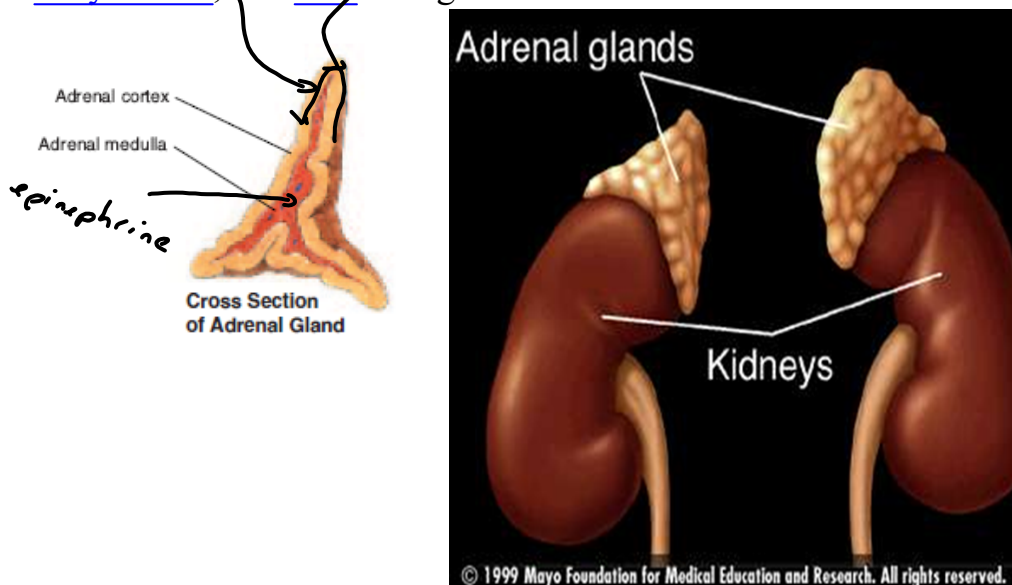
Lesson 4 Endocrine Disorders

2 types: over or under production of a hormone

: problem with the gland such as a tumor

Examples

Adrenal insufficiency. The adrenal gland releases too little of the hormone cortisol and sometimes, aldosterone. Symptoms include fatigue, nausea, dehydration, and skin changes.



- Cortisol promotes healing of damaged tissues, works with adrenalin during stress, helps wake you up
- Aldosterone helps kidneys retain water
 ↑
 works w AOH

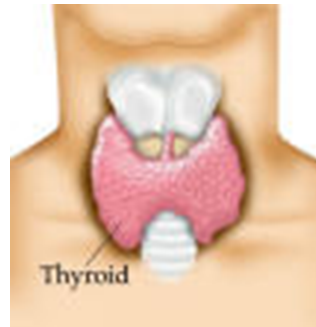
Growth Hormone Disorders

- anterior pituitary



Thyroid Gland

located at the base of the neck, directly in front of the trachea



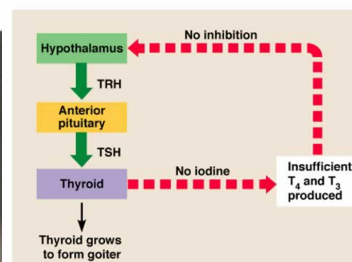
- secretes thyroxine which controls metabolic activity

- hyperthyroidism happens when high levels of thyroxine is secreted. These people are usually thin, warm and utilize nutrients quickly.

- hypothyroidism happens when low levels of thyroxine is secreted. These people utilize nutrients slowly, tend to be overweight, less active, intolerant of cold and have dry skin.

Goiters

- Due to insufficient iodine in the diet
- No Iodine = low thyroxine
- Body makes thyroid bigger to try to make more hormone



Diabetes

- Genetic disorder, low insulin production
- Hypoglycemia = low blood sugar
- Hyperglycemia = high blood sugar
- High blood sugar = low sugar (fuel) in the cells, glucose needs to get in (insulin released)
- Leads to headaches, thirst, blindness, circulatory problems, death

Osteoporosis

- bones lose mass as we age
- more so for females as a drop in estrogen prevents the production of new bone
- prevent osteoporosis by building bone mass when young = **EXERCISE**

https://www.youtube.com/watch?v=-S_vQZDH9hY



Review Questions

Text page 1027 - 1-5, 11- 19

1028 - 29, 31, 36

1029 - 3, 9 - 12